

What is claimed is:

1. A kit for promoting the proper sequential oral administration of a pharmaceutically active ingredient and accompanying nutrients, said kit comprising:
  - (a) at least one unit dose of a pharmaceutical active to be given continuously on a frequency of once a week, twice a week, once every two weeks, twice a month, or once a month;
  - (b) at least one unit dose of a nutrient to be given subsequent to the active dose administration; and
  - (c) a blister card individually and releasably containing the unit doses;wherein said unit doses of pharmaceutical active and nutrient are arranged horizontally or vertically in order of their use across the blister card.
2. The kit of Claim 1 wherein the blister card comprises a means for aiding the memory.
3. The kit of Claim 2 wherein the pharmaceutical active is a bisphosphonate and the nutrient is selected from the group consisting of calcium, vitamin D, calcium and vitamin D, and a combined unit dose of calcium and vitamin D.
4. The kit of Claim 3 wherein the bisphosphonate is selected from the group consisting of risedronate, alendronate, pamidronate, tiludronate, cimidronate, ibandronate, and zoledronate.
5. The kit of Claim 3 wherein the unit doses of pharmaceutical active and nutrient are arranged horizontally in order of their use across the blister card.
6. The kit of Claim 5 wherein the blister card comprises one unit dose of a pharmaceutical active and six unit doses of a nutrient.
7. The kit of Claim 6 wherein the kit comprises at least two blister cards.
8. The kit of Claim 5 wherein the blister card comprises one unit dose of a pharmaceutical active and twelve unit doses of a nutrient.
9. The kit of Claim 8 wherein the kit comprises at least two blister cards.

10. The kit of Claim 5 wherein the blister card comprises two horizontal rows of unit doses, wherein each horizontal row comprises one unit dose of a pharmaceutical active and six unit doses of a nutrient.
11. The kit of Claim 5 wherein the blister card comprises four horizontal rows of unit doses, wherein each horizontal row comprises one unit dose of a pharmaceutical active and six unit doses of a nutrient.
12. The kit of Claim 5 wherein the blister card comprises two horizontal rows of unit doses, wherein each horizontal row comprises one unit dose of a pharmaceutical active and twelve unit doses of a nutrient.
13. The kit of Claim 5 wherein the blister card comprises four horizontal rows of unit doses, wherein each horizontal row comprises one unit dose of a pharmaceutical active and twelve unit doses of a nutrient.
14. The kit of Claim 5 wherein the blister card comprises two horizontal rows of unit doses, wherein each horizontal row comprises a first unit dose of a pharmaceutical active, followed by six unit doses of a nutrient, followed by a second unit dose of a pharmaceutical active, followed by six unit doses of a nutrient.
15. The kit of Claim 3 wherein the unit doses of pharmaceutical active and nutrient are arranged vertically in order of their use across the blister card.
16. The kit of Claim 15 wherein the blister card comprises one unit dose of a pharmaceutical active and six unit doses of a nutrient.
17. The kit of Claim 16 wherein the kit comprises at least two blister cards.
18. The kit of Claim 15 wherein the blister card comprises one unit dose of a pharmaceutical active and twelve unit doses of a nutrient.
19. The kit of Claim 18 wherein the kit comprises at least two blister cards.
20. The kit of Claim 15 wherein the blister card comprises two vertical columns of unit doses, wherein each vertical column comprises one unit dose of a pharmaceutical active and six unit doses of a nutrient.

21. The kit of Claim 15 wherein the blister card comprises four vertical columns of unit doses, wherein each vertical column comprises one unit dose of a pharmaceutical active and six unit doses of a nutrient.
22. The kit of Claim 15 wherein the blister card comprises two vertical columns of unit doses, wherein each vertical column comprises one unit dose of a pharmaceutical active and twelve unit doses of a nutrient.
23. The kit of Claim 15 wherein the blister card comprises four vertical columns of unit doses, wherein each vertical column comprises one unit dose of a pharmaceutical active and twelve unit doses of a nutrient.
24. A method for increasing compliance with a treatment regimen comprising providing a person in need thereof the kit of Claim 1.